

Addiction Treatment Sarasota | Clean Recovery Centers



At [Clean Recovery Centers in Sarasota, FL](#), we provide comprehensive, evidence-based addiction treatment designed to help individuals reclaim their lives from substance use. Addiction is not just a habit—it is a disease that requires professional care, structured support, and a personalized recovery plan. Our Sarasota location offers a full continuum of care, including **medical detox, inpatient rehabilitation, outpatient treatment, and long-term aftercare**, all tailored to meet the unique needs of each client. Recovery is possible, and with the right support, you can achieve lasting sobriety and a brighter future.

Comprehensive Addiction Treatment in Sarasota

At Clean Recovery Centers, we understand that every person's journey to recovery is unique. That's why we take a **holistic and individualized approach** to addiction treatment. Our programs incorporate **medical care, [behavioral therapy](#), and wellness practices** to ensure that every aspect of a person's health—physical, emotional, and mental—is addressed.+

Our Sarasota Addiction Treatment Programs



Our [Sarasota addiction treatment programs](#) are designed to provide support at every stage of recovery, from detox to aftercare. We offer multiple levels of care, ensuring that each client receives the appropriate level of support based on their individual needs.

Inpatient Addiction Treatment in Sarasota

For those needing **intensive, round-the-clock care**, our [inpatient addiction treatment program](#) provides a safe and structured environment for healing. This program includes:

- **24/7 medical supervision** to ensure comfort and safety during detox and rehabilitation.
- **Individual and group therapy sessions** that address the root causes of addiction.
- **Skill-building workshops** to help develop healthier coping mechanisms.
- **A supportive community** that fosters long-term recovery and personal growth.

Outpatient Addiction Treatment in Sarasota

Our **outpatient programs** allow clients to receive structured support while maintaining daily responsibilities. We offer:

- **Partial Hospitalization Program (PHP):** A structured day program with therapy and medical oversight.

- **Intensive Outpatient Program (IOP):** A flexible program designed to provide continued support while integrating back into daily life.
- **Traditional Outpatient Therapy:** Individual counseling and group therapy sessions for long-term support.

Types of Addictions Treated in Sarasota



We provide specialized addiction treatment for a variety of substances, ensuring personalized care for each client.

Heroin Addiction Treatment

Heroin addiction can be life-threatening, requiring **medically supervised detox and intensive therapy** to break the cycle of dependency. Our Sarasota program offers structured support to help individuals rebuild their lives.

Cocaine Addiction Treatment

Cocaine addiction affects both mental and physical health. Our **behavioral therapy, relapse prevention techniques, and holistic support services** help individuals regain control over their lives.

Meth Addiction Treatment

Meth addiction has devastating effects on the brain and body. Our **comprehensive treatment program** includes detox, counseling, and skill-building therapies to promote long-term recovery.

Fentanyl Addiction Treatment

Fentanyl is an extremely potent opioid that carries a high risk of overdose. **With behavioral therapy and ongoing support**, our team helps individuals navigate the challenges of fentanyl addiction.

Benzodiazepine Addiction Treatment

Benzodiazepines, often prescribed for anxiety and sleep disorders, can lead to dependency. Our Sarasota program includes **safe detox, cognitive therapy, and relapse prevention strategies** to ensure a smooth and lasting recovery.

Alcoholism Treatment in Sarasota



Alcohol addiction affects every aspect of a person's life, from relationships to overall health. Our [alcohol rehab program in Sarasota](#) offers:

- **Medically supervised detox** to ensure safe withdrawal.
- **Evidence-based therapy** to address the root causes of alcohol dependence.
- **Relapse prevention strategies** to support long-term recovery.

Dual Diagnosis Treatment

Many individuals living with addiction also suffer from **co-occurring mental health disorders**, such as **depression, anxiety, PTSD, or bipolar disorder**. Our **dual diagnosis treatment**

program ensures that both addiction and underlying mental health conditions are treated simultaneously.

Evidence-Based Therapies for Addiction Treatment in Sarasota



Our Sarasota addiction treatment programs incorporate **proven therapies** to help clients build resilience, manage triggers, and develop healthy coping skills.

Cognitive Behavioral Therapy (CBT)

CBT helps individuals identify and change negative thought patterns that contribute to addiction.

Dialectical Behavioral Therapy (DBT)

DBT focuses on **emotional regulation, distress tolerance, and mindfulness**, helping individuals manage triggers and avoid relapse.

Trauma-Informed Therapy

Many individuals living with addiction have experienced past trauma. Our **trauma-informed therapy** provides a safe space to process and heal.

Holistic Therapies

We believe in treating the whole person, which is why we incorporate holistic therapies such as:

- Yoga and meditation
- Nutritional counseling
- Exercise and fitness programs

Long-Term Recovery and Aftercare in Sarasota

Sustaining recovery requires **ongoing support**. Our **aftercare services** in Sarasota include:

- **Alumni programs** that foster a strong recovery community.
- **Continued therapy and counseling** for emotional and mental wellness.
- **Relapse prevention planning** to help clients maintain sobriety.

Why Choose Clean Recovery Centers Sarasota?



At [Clean Recovery Centers Sarasota](#), we are dedicated to providing **high-quality, individualized care** that promotes long-term sobriety. We stand out because:

- **Our treatment plans are customized** to meet each individual's needs.
- **We offer a multi-phase recovery approach** for structured and effective care.
- **Our team of experienced professionals** is committed to guiding clients through every stage of recovery.
- **We integrate evidence-based therapies and holistic treatments** for a well-rounded approach to healing.

FAQs About Our Addiction Treatment in Sarasota

What substances do you treat?

We provide treatment for **alcohol, opioids, stimulants, benzodiazepines, and other substances**.

How long does treatment last?

Treatment duration varies, but programs typically last between **30 and 90 days**, depending on individual needs.

Do you offer mental health support?

Yes! Our **dual diagnosis program** provides treatment for **co-occurring mental health disorders**.

What happens after treatment?

We provide **aftercare services, relapse prevention support, and alumni programs** to help clients maintain long-term sobriety.

Get Started with Addiction Treatment in Sarasota Today

If you or a loved one is living with addiction, **Clean Recovery Centers Sarasota** is here to help. Our **comprehensive, evidence-based programs** offer the support and tools needed for lasting recovery. **Take the first step—contact us today to begin your journey toward a healthier, substance-free future.**

